

## Leafy Green Vegetables

Beet Greens  
Collards  
Dandelion  
Endive  
Kale  
Loose-Leaf Lettuce  
Mustard Greens  
Turnip Greens  
Parsley  
Romaine  
Spinach  
Swiss Chard  
Watercress

## Raw Nuts

Almonds  
Brazil Nuts  
Cashews  
Chestnuts  
Filberts  
Hazelnuts  
Macadamia  
Pecans  
Pine Nuts  
Pistachios  
Walnuts

## All Fresh Herbs (for seasoning)

Sea Vegetables  
(seaweeds)  
Agar  
Arame  
Dulse  
Hijiki  
Kelp  
Kombu  
Nori  
Sea Palm  
Wakame

## Vegetables

Artichoke  
Asparagus  
Avocado  
Beets  
Broccoli  
Brussels Sprouts  
Bok Choy  
Chinese Cabbage  
Carrots  
Cauliflower  
Celery  
Daikon  
Eggplant  
Green Peas  
Kohlrabi  
Okra  
Onion  
Parsley  
Parsnip  
Pepper  
Potato  
Radichio  
Radish  
Squash  
Tomato  
Turnip  
Watercress  
Yam  
Zucchini

## Grains

Amaranth  
Barley  
Basmati Rice  
Brown Rice  
Buckwheat  
Bulgur  
Corn  
Farro  
Kamut  
Millet  
Oats  
Quinoa  
White Rice  
Spelt  
  
Beans  
Aduki  
Black  
Fava  
Garbanzo  
Great Northern  
Lentils  
Lima  
Navy/Pinto  
Soybeans

## Fruit

Apples  
Apricots  
Bananas  
Blackberries  
Blueberries  
Cherries  
Grapes  
Guavas  
Huckleberries  
Kiwi Fruit  
Lychees  
Mangos  
Mulberries

## Seeds

Chia  
Flax  
Hemp  
Pumpkin  
Sesame  
Sunflower

## Fruit

Cantelope  
Cranberries  
Currants  
Dates  
Grapefruit  
Honeydew  
Kumquat  
Lemons  
Limes  
Loganberries  
Nectarines  
Oranges  
Papayas  
Peaches  
Pears  
Pineapples  
Pomegranates  
Strawberries  
Tangelos  
Tangerines  
Watermelon